



The Hanover Council on Aging

HANOVER HAPPENINGS



JUNE 2018

665 Center Street Hanover MA 02339 (781) 924.1913 coa@hanover-ma.gov

Looking forward!

We are expanding our Life Long Learning offerings at the Center!

A signature author series, "Meet the Author" will begin on Thursday, September 27, 2018!

There will be author talks in October and November and they will continue in the spring of 2019.

We are also planning a history series, live radio shows on site at the HCOA with WATD, "Monday Night Talk," and lectures entitled, "Around the World," a current affairs series.

All of these programs will be free to the participants.

Learning at any age is beneficial for the brain. When you learn something new, your brain grows new cells and builds new connections which has proven benefits for problem solving and memory skills.

Learning can help improve cognitive ability and memory function and can help delay the onset of certain types of dementia.

The more challenges that we take on at all stages of life can enhance not only our lives, but the lives of those around us. It can make this a more collaborative and more harmonious world.

If you would like to make suggestions for new classes of any kind, please contact the front office at the COA or put your suggestion in the "Feedback" container in the Henry S. Newcomb Hall.

Take care,

Tammy

NEED TRANSPORTATION?

If you are a Hanover Resident 60 years or older or have a documented disability, and are approved by GATRA, we can take you almost anywhere, inside of our area. We go to many towns that surround Hanover.

If you need ride to a medical appointment that would require leaving our designated area we may be able to get you a volunteer driver.

We require at least 24 hours notice for a ride request around town, and as much as you can give us for out of area rides.

Please call 781-924-1913 for more information on transportation!

WANTED

The Knitting Group/Morning Out is looking for more members. Come and share your tips and techniques at 9:30AM every Tuesday. Over the last year, these wonderful ladies have made and donated items to local hospitals and sold them here at the Center. Please feel free to drop in and check it out! Thanks to all of you who have donated yarn.

We are also looking for volunteers for delivering Meals on Wheels. See the volunteer section of this publication for more information.

COMMUNITY "SHRED IT" DAY!

SATURDAY, JUNE 23, 2018 FROM 10AM – 1 PM
FREE, EVERYONE IS INVITED!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JUNE	<ul style="list-style-type: none"> Bowling is held at Boston Bowl in Hanover Book Club at John Curtis Free Library 			1 10:00 ARTHRITIS EXERCISE 1:00 DECO ART WITH BARBARA REYNOLDS SHOPPING-SHAW'S LEGION & BARSTOW
4 8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG 1:00 TAI CHI SHOPPING-SHAW'S	5 9:30 MORNING OUT 10:30 TAP/JAZZ 1:00 WATERCOLOR 1:00 TAI CHI 2:15 YOGA STRETCH WITH DEB SHOPPING XMAS TREE/ROCHE BROS	6 9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER 5PM MEDITATION 6PM YOGA SHOPPING-SHAW'S LEGION & BARSTOW	7 10:00 BOWLING 10:00 ZUMBA 11:00 PAINTING WITH BARBARA WILSON 11:15 YOGA STRETCH WITH DEB 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT SHOPPING HANOVER MALL	8 10:00 ARTHRITIS EXERCISE SHOPPING-SHAW'S LEGION & BARSTOW
11 8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG 1:00 TAI CHI SHOPPING-SHAW'S	12 9:30 MORNING OUT 10:30 TAP/JAZZ 11:30 LUNCH FRIENDSHIP HOME 1:00 PAINTING WITH TAMI 1:00 TAI CHI 2:15 YOGA STRETCH WITH DEB SHOPPING KOHL'S/STOP & SHOP	13 9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER 6PM YOGA	14 10:00 BOWLING 10:00 BOOK CLUB @ JCL 10:00 ASK A LAWYER 10:00 ZUMBA 11:00 PAINTING WITH BARBARA WILSON 11:15 YOGA STRETCH WITH DEB 1:00 BRIDGE 2:00 BEREAVEMENT SHOPPING HANOVER MALL	15 10:00 ARTHRITIS EXERCISE 1:00 MOVIE WONDER SHOPPING SHAW'S LEGION & BARSTOW
18 8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 TEA WITH SOUTH SHORE CONSERVATORY 1:00 MAH JONG 1:00 TAI CHI SHOPPING SHAW'S	19 9:30 MORNING OUT 9:30 MEN'S DISCUSSION 10:30 TAP/JAZZ 1:00 WATER COLOR 1:00 TAI CHI 1:00 PAINTING WITH TAMI 2:15 YOGA STRETCH WITH DEB SHOPPING STAR MRKT/MARSHALL'S	20 9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER 5PM CURALEAF 6PM YOGA	21 10:00 BOWLING 1:00 ZUMBA 11:00 PAINTING WITH BARBARA WILSON 11:15 YOGA STRETCH WITH DEB 1:00 BRIDGE 2:00 BEREAVEMENT SHOPPING HANOVER MALL	22 10:00 ARTHRITIS EXERCISE 1:00 ART FOR YOUR MIND SHOPPING SHAW'S LEGION & BARSTOW REMEMBER SHRED IT TRUCK SATURDAY, JUNE 23 10AM-TO 1PM
25 8:30 YOGA 9:30 CRIBBAGE 9:30 BLOOD PRESSURE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG 1:00 TAI CHI SHOPPING SHAW'S	26 9:30 MORNING OUT 10:30 TAP/JAZZ 11:30 FRIENDSHIP HOME LUNCH 1:00 TAI CHI 2:15 YOGA STRETCH WITH DEB SHOPPING MARKET BASKET	27 9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER 6PM YOGA	28 10:00 BOWLING 10:00 ZUMBA 11:00 PAINTING WITH BARBARA WILSON 11:15 YOGA STRETCH WITH DEB 1:00 BRIDGE SHOPPING HANOVER MALL	29 10:00 ARTHRITIS EXERCISE SHOPPING SHAW'S LEGION & BARSTOW

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EVENTS

DECO ART WITH BARBARA REYNOLDS

Friday, June 1, 2018 at 1 PM

Cost: \$5.00 (pay Barbara directly)

Join us for Deco Art with Barbara Reynolds, in class that focuses on decorative painting. Barbara shows us how to turn something basic into beautiful work of art. Displays of upcoming projects are usually available a month before. This time we will paint flowers on coasters. This class is partially funded by the Friends of the Hanover Council on Aging.

Please call to make reservations, 781-924-1913.

TRIAD MEETING

Week of JUNE 4, 2018

(call for specific day) AT 11 AM

(S.A.L.T. Meeting at 10:30 AM)

Join us for a T.R.I.A.D. meeting as Assistant District Attorney Jason Thomas will be here to speak about the new opiate law and safeguarding prescription drugs. A light lunch will be served.

Please reserve your spot by calling 781-924-1913.

ACRYLIC PAINTING WORKSHOP WITH BARBARA WILSON

In this workshop, one painting is done step-by- step in 4 lessons, so students can learn a way to develop an art piece that will enable them to work on their own. Barbara demonstrates every week and provides individual attention throughout the 1 1/2 hr. lesson.

She will supply paint for lesson one, as we all mix colors together to get started, but it would be helpful if each student had a basic set of acrylic paints and a couple of brushes.

She provides visuals, supplemental brushes, palettes and water containers.

11x14" canvas boards are available for \$1.00, or students can bring their own if they want a different size. Students may work on example painting, or if they have experience, they may bring in their own choice of subject matter, and I will give them individual attention.

All levels are welcome.

This class will meet on Thursday's for the month of June. The class dates are Thursday, June 7, 14, 21, and 28 from 11-12:30 PM. The cost is \$20.00 for all 4 classes.

Please call 781-924-1913 to reserve your spot!

This workshop needs a minimum of 5 people in order for it to be a success.

PAINTING WITH TAMI

Tuesday, June 12, 2018 at 1 PM

Cost: \$5.00

Tami Traft uses acrylic paints to teach this class. Participants leave with a beautiful painting ready to hang. Tami provides all supplies. This class is brought to you in part by The Friends of the Hanover Council on Aging. **Please call 781-924-1913 to make reservations. Seating is limited.**

EVENTS

FRIENDSHIP HOME LUNCHESES

Join us as participants of the Friendship Home will be back twice this month to serve us some tasty meals!

Cost: \$3.00

Tuesday, June 12, 2018 at 11:30 AM

Menu- Chicken Caesar Salad Wraps, chips, water and dessert

Tuesday, June 26, 2018 at 11:30 AM

Menu-Cranberry Walnut Chicken Salad Sandwich, chips, water and dessert

Please call 781-924-1913 to reserve your spot.

MOVIE-WONDER

Friday, June 15, 2018 at 1 PM

Cost: FREE

Based on the New York Times bestseller, WONDER tells the inspiring and heartwarming story of August Pullman. Born with facial differences that, up until now, have prevented him from going to a mainstream school, Auggie becomes the most unlikely of heroes when he enters the local fifth grade. As his family, his new classmates, and the larger community all struggle to find their compassion and acceptance, Auggie's extraordinary journey will unite them all and prove you can't blend in when you were born to stand out.

Starring: Julia Roberts, Owen Wilson & Jacob Tremblay

TEA WITH THE SOUTH SHORE CONSERVATORY

MONDAY, JUNE 18, 2018 AT 1 PM

COST: FREE

Join us for Tea and "A Match Made in Heaven" by the South Shore Conservatory (S.S.C.). The Story Teller Series is designed to engage adult learners with a stimulation exploration through characters and events that have shaped its history. This 60 minute session features a compelling narrative through performances, lecture and discussion.

"A Match Made in Heaven", New England poets from Emily Dickinson and Robert Frost, to Thoreau and Dr. Seuss have inspired countless composers throughout American History. Pianist Sarah Troxler leads a discussion about these poets and performs settings of their words. Sit back and listen to the settings of Robert Frost. Which one sounds most like a Snowy Evening to you?

This event is paid for by a grant from the Hanover Cultural Council.

Tea and something sweet will be served.

Please call 781-924-1913 to make reservations.

ART FOR YOUR MIND

FRIDAY, JUNE 22, 2018 AT 1 PM

COST: \$2.00

Exploring Edward Hopper

offers a close look at the unique style of one of America's prominent artists of the 20th century. From solitary urban scenes to simplified images of New England's coastal regions – Hopper's art continues to captivate viewers.

Discover ways to get more out of looking at art while becoming engaged in a search for clues and meaningful connections. Looking closely at art in a guided, group setting is informative and fun.

VETERAN'S NEWS

Veterans with a service-connected disability that results in infertility will now be able to receive reimbursement for adoption expenses as a result of a new rule recently approved by the VA. It became effective on March 5, 2018. Reimbursement is capped at \$2,000 for a covered Veteran. Only expenses for the actual adoption are covered not bedding, clothing, travel etc. Application must be submitted no later than two years after the adoption is final. VA form 10152 is needed to claim this benefit.

This month the House of Representatives approved legislation to extend Agent Orange benefits to "Blue Water" sailors who served off the coast of Vietnam during the war. It is estimated that over 90,000 service men and women may have been exposed. As you may know, there are now 14 medical conditions that may result from Agent Orange exposure. This legislation still needs to be passed by the Senate and then on to the President for signature. Passage is highly likely. No date has been set. When passed, if you have one of the medical conditions you should file a claim to the VA. You will need to prove that you served off the coast of Vietnam to receive the benefit.

If you have questions about your military/Veteran's benefits, please contact the Hanover Veterans' Service Officer, Mike Thorp, located at town hall, 781-829-0968.

SUMMER HOURS

As many of you know there are programming changes in summer here is what we know to date:

No evening Yoga for the summer months.

Exercise with Chris stops for the summer in June, watch for updates for fall

Time changes:

Zumba at **10:00 AM** Thursday for June, July and August

Yoga stretch with Deb at **11:15 AM** on Thursday for June, July and August

Bereavement Stops June 21 and returns Sept 13

No Book Club in July and August

No Men's Discussion Group in July and August

Tai Chi will also end from mid July to September

HANOVER VNA**Alzheimer's**

According to the U.S. Department of Health and Human Services June, 2018 is Alzheimer's and Brain Awareness month.

You may have heard the term dementia. Dementia is actually a general term, not a specific disease. It is used to describe a grouping of symptoms associated with a decline in one's memory or other thinking skills that decreases a person's ability to perform day to day activities.

Alzheimer's disease is the most common type of dementia. It causes problems with one's memory, thinking and behavior. According to the Alzheimer's Association, it accounts for 60-80 percent of dementia cases, and there are 5.7 million Americans living with Alzheimer's disease, with two thirds of them being women. Vascular dementia, which occurs after a stroke, and is the second most leading type of dementia. There are also many other conditions which can cause symptoms of dementia.

The Alzheimer's Association "KNOW the 10 Signs-EARLY DETECTION MATTERS" are:

- Memory loss that disrupts daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks
- Confusion with time or place
- Trouble understanding visual images and spatial relationships
- New problems with words in speaking or writing
- Misplacing things and losing the ability to retrace steps
- Decreased or poor judgment
- Withdrawal from work or social activities
- Changes in mood and personality.

If you or a loved one is experiencing symptoms, see a doctor to be evaluated.

Take Care. Be well.

Doreen Zeller, RN

*Feel free to contact the Hanover VNA Office at 781-826-4971 if you have something on your mind.

OLD COLONY ELDER SERVICES

What is the Protective Services Program?

22 Aging Services Access Point (ASAP) agencies have been designated by the Executive Office of Elder Affairs to operate the Protective Services (PS) program throughout Massachusetts. PS staff from these local agencies respond to reports of abuse and neglect of people age 60 and older living in the community. Staff investigate allegations of neglect, physical, sexual and emotional abuse, as well as financial exploitation of older residents. During state fiscal year 2017, 30,739 reports of abuse and neglect were received, of which 9,799 cases were confirmed.

Elder Abuse Reports can be filed 24 hours a day by phone at (800) 922-2275. For more information visit <https://www.mass.gov/report-elder-abuse>

To report abuse of a person with a disability under the age of 60, call the Disabled Persons Protection Commission (DPPC) at (800) 426-9009. To report abuse of a person in a nursing facility or hospital, call the Department of Public Health (DPH) at (800) 462-5540. For any age or setting, call 911 or local police if you have an emergency or life-threatening situation. Limited conservatorship and guardianship services are available for older residents who require assistance in managing their financial and/or personal affairs and who are at risk of further abuse without a guardian. Through local ASAP/PS agencies, trained staff and volunteers operate the Money Management Program to help older adults who need assistance managing their finances.

RECYCLE BIN

The recycle bin at the Center is single stream, but that does not mean dirty food items.

Plastic, paper, cardboard, glass etc are acceptable items.

Coffee cups with coffee, plates with food on them or other dirty items are not acceptable.

Please help us to recycle what we can but feel free to drop anything dirty into the regular trash.

Thank you!!

OUTREACH EVENTS

CURALEAF INFORMATIONAL SEMINAR

WEDNESDAY, JUNE 20, 2018 AT 5 PM

Hors d'oeuvres at 5:30PM

This event is brought to you by the Hanover Council on Aging, Curaleaf Medicinal Marijuana Dispensary and MedWell Health and Wellness.

The event will provide an opportunity to learn, network, socialize, and ask questions of the Medical Cannabis Professionals.

A presentation will take place at 6pm discussing :

Cannabis consumption methods: inhale, ingest, topical, sublingual, etc.

Explore safer options for pain management

Cannabis as medicine: products + consumption

Prepare for your first dispensary order

Becoming a patient & accessing medicine

Medical Cannabis Evaluation Appointments will be available, on-site, and will take place between 4P - 7:30P; you can secure your Medical Cannabis Evaluation Appointment by contacting Ann M. Brum directly at: ann@medwellhealth.net or 774.517.5195. (*must bring a valid Massachusetts ID or driver's license.)"

BROWN BAG

Have you heard about the Brown Bag Program? Once a month, you can get a brown bag filled with a combination of fresh and shelf stable groceries. We are working with the Greater Boston Food Bank to get these free groceries to residents of Hanover. There are income guidelines. Call Nancy to get more information and sign up, 781-924-1913.

Friday food donations from the South Shore Community Action Council (SSCAC) We are now receiving food donations most Fridays at about 12:30-1PM. Most of the items are produce and other perishables (often from Whole Foods). Call before coming and bring bags

VOLUNTEERS

With summer approaching and people vacationing, we are looking for more “back up” volunteer drivers for meals on Meals on Wheels delivery.

If you are a teacher on summer vacation, a family member home with older children, or anyone over the age of 18 with a vehicle and valid driver license, we could use you!

Meals on Wheels is the program administered by Old Colony Elder Services that provides meal to seniors who are homebound or have issues providing themselves with a daily nutritious meal.

The drivers provide a daily friendly face and check in on the seniors, some seniors see no one else all day.

If you are interested please call Jennifer at 781-924-1913.

NEW AND RENEWED FRIENDS

Russ & Mary Smith, Walter & Margaret Dixon, Louis & Patricia Cicchese, Thelma Barker, Donald McLeod, Dorothy Tripp, Elaine & Don Bunker, Marilyn DeBoer, Carleton & Evelyn Tweed, Donna DiBern, Lee Spinale Rea, Hans & Irene Daika, Mary Jane Cahill, Don & Mary Dellorco, Donald & Joanne Morrison, Muriel Jennings, Jeanne Rennie, Janet Shea, Barbara Beekman, Claire Garrigan, Eileen St. Onge, Joan Madden, Shirley Laske, Kevin & Cynthia Strong, Mike Maple, Nina Dallas, Judith Sullivan, Patricia Carley, Jane Cavanaugh, Gretchen Thibeault, Diane D'Allessandro, June Lane, Bill & Dotty McDonough, Nancy Cherico & Joe O'Neil, Noel Constantino, Kay & Dick Panicci, Fred & Joanne Solimini, Judith & Joe Barca, Helen Ferrara, Sheila and J. Paul Valicenti, Teresa Lunny, Richard & Maureen Cooke, Alan Abboud



ADDITIONAL DONATIONS

Mary Jane Cahill, Don & Mary Dellorco, Donald & Joan Morrison, Claire Garrigan, Kevin & Cynthia Strong, Jane Cavanaugh, Gretchen Thibeault, Nancy Cherico & Joe O'Neil, Bill & Dotty McDonough, Noel Constantino, Judith & Joe Barca, Helen Ferrara, Teresa Lunny


IN REMBERANCE

Thelma Barker in memory of James Barker
Dorothy Tripp in memory of Herbert Tripp
Marilyn DeBoer in memory of Sid DeBoer
Danielle Guthrie in memory of David Guthrie
Elaine & Don Bunker in memory of Ruth Giorgio
Donna Dibbern in memory of Michael Dolan
Eileen St. Onge in memory of Joseph St. Onge
Patricia Carley in memory of James Carley Sr.
Diane D'Allessandro in memory of Frank D'Allessandro and Craig D'Allessandro
Sheila & J. Paul Valicenti in memory of Jill Faulstick
Alan Abboud in memory of Christine Abboud



FRIENDS TRIP

Donna Lawrence is working tirelessly on making your 2018 exciting to date she has a Lobster Bake aboard the Beauport Princess on June 12, a Lobster Fest at Newport Playhouse July 17, Foxwoods September 18, 2018, and Turkey Train is scheduled for October 11, 2018. Flyers available at the Council on Aging. Call Donna for more details 508-243-2293. Be sure to check for additional trips not posted in time to make the Newsletter.



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I would like to become a Friend of the Council on Aging.

Enclosed are my dues of \$5 per person for 2018

PLEASE PRINT CLEARLY

Name: _____

Address: _____

Membership: _____

Additional Contribution: _____

In Memory of: _____

In Honor of: _____

Send acknowledgement to: _____

The Hanover COA Advisory Board meets of the second Monday of the month and will meet again on June 11, 2018 at 9am. All are welcome to attend this open meeting.

Friends

Dot Quinn,
President/Treasurer

Elaine Crowley,
Vice President

Judi Barca

Margaret Rooney

Doreen Giordani